

AMH InsideOut

Hanford Highway to Health; 2010 Health Initiative



In 2010, AMH Health Education will be kicking off a health initiative: **Hanford Highway to Health**. This will focus on the primary health risk on the Hanford Site: obesity. You can see in Chris Hoffman's article in this newsletter, *Health and the Hanford Worker*, the obesity rate at the Hanford site is double the national average, and the number of obese Hanford workers has increased on an annual basis. Factors that contribute to this obesity epidemic are sedentary lifestyles, excessive food portions, and the consumption of convenience and processed foods. Obesity is known to contribute to diseases such as high cholesterol, high blood pressure, diabetes, and some cancers. Obesity also lowers quality of life due to symptoms including difficulty sleeping, sleep apnea, pain in back or joints, feeling out of breath with minor exertion, daytime sleepiness or fatigue, and depression. These diseases and symptoms can certainly affect personal health, but also have a significant impact on the ability to maintain a safe and productive work environment. In the upcoming year, we will be focusing efforts toward reducing the obesity epidemic at the Hanford Site, and providing programs to help those who wish to participate. Hanford Highway to Health programs and services include:

Hanford Highway to Health web module: In January, AMH will be launching a web tool on the website that will keep track of the total pounds lost (or gained) by Hanford employees with a goal of being two tons lighter as a group by 2011. The Highway to Health web module will give workers an opportunity to report their current weight, and check back in throughout the year to show progress.

Weight Loss Convoy: The Weight Loss Convoy is a weight management class that is specifically for people who have 100 or more pounds to lose. Participants will be given the tools and support to reach a 100 lb weight loss goal by the

end of the year. The class will meet on Tuesdays from 4-5 pm at AMH every week during 2010. Space in this class is limited and priority is given to those who have sought help through current AMH programs. If you are interested in participating, please contact [AMH Health Education](#) to check availability.

Wellness Champions group: In an effort to help Hanford employees enjoy a healthy work environment and make AMH health education services available to more work groups, we have developed a Hanford Wellness Champions Team. This group consists of volunteer participants who wish to learn more about the wellness programs available and receive ideas for supporting a healthy work environment. Champions will gain skills on how to communicate and implement healthy activities to their workgroup. This team will meet on the first Wednesday of each month at AMH. Our goal is to have a representative from each work location. If you would like to participate in this group, or if you are a manager and would like to appoint someone to participate, please contact [AMH Health Education](#).

Other health education services offered by AMH include the following:

Health Coaching: AMH offers one-on-one health coaching with a certified health coach to discuss weight management, nutrition, disease management or tobacco cessation. The health coaching service is available to all Hanford workers. To set up an appointment, call 376-3939.

Monthly Health Fairs: The AMH Health Education team will visit 8

locations Site-wide to allow workers the opportunity to weigh-in and receive a blood pressure screening. The health fairs will take place on the third Thursday of each month, at the arranged locations. Please see the [2010 health fair schedule](#) for locations and times, and attend the health fair nearest your worksite.

AMH InsideOut Newsletter: AMH provides a [monthly newsletter](#) with health topics, healthy recipes, and upcoming events. The newsletter is available by the first of each month on the AMH website, or sign up to have the link sent directly to your e-mail by sending a request to ahew@rl.gov.

"Quit It" Tobacco Cessation 10-week program: The Quit It program provides 10 weeks of education, support and nicotine replacement therapy (patches, gum, lozenges) to all participants at no cost. The classes begin on Monday, January 11, 2010. Participants must pre-register for this program by contacting Shannon Haselhuhn at 376-3267.

Please visit our [website](#) for more information on our services, or call the Health Education department at 376-3939.



"Quit It" 10-week Tobacco Cessation Support Class

Begins the week of January 11, 2010

Please contact Shannon Haselhuhn for more information, or to register for the program. Program space is limited, **registration is required.**

WATCH FOR UPCOMING EVENTS WITH AMH

December
[Site Health Fairs](#)
[Site Wellness Champions Meeting \(8th\)](#)

January
[Site Health Fairs](#)
[Exercise Challenge begins \(11th\)](#)
[Tobacco Cessation Program begins \(11th\)](#)
[Weight Loss Convoy begins \(12th\)](#)

Select a link or visit our website: www.hanford.gov/amh

Health and the Hanford Worker

by Chris Hoffman, AMH Epidemiologist

Heart disease is the number one killer in the US, responsible for about 630,000 deaths a year, or 1 in 4 deaths in the US. Heart disease is also a major cause of disability and costs an estimated \$151.6 billion annually in direct and indirect costs.

So what are the some of the key risk factors for heart disease and how are Hanford workers doing in these areas compared to Washington and the US?

Diabetes: Diabetes is strongly associated with heart disease, with heart disease being responsible for about 2 out of every 3 deaths among diabetics. From testing conducted among Hanford workers who had reported fasting for at least 8 hours prior to being screened, over 7.5% tested positive for diabetes (a blood sugar level of 126 mg/dL or higher). This is about a 50% increase over the rate seen in the previous 5 years.

Cholesterol: A person with high total cholesterol (240 mg/dL and above) has more than twice the risk of heart disease as someone with a total cholesterol level below 200 mg/dL. The subcomponents of the total cholesterol value play a role in heart disease risk as well, with those with a low level of HDL (<40 mg/dL), the "good" cholesterol, having an increased risk of coronary disease. Hanford workers have about the same total cholesterol levels as seen in Washington and the US, with about 40% being either borderline high (200-239 mg/dL) or high. However, the level of HDL among Hanford workers is heading in the wrong direction. In 1999 about 37% of workers had low levels of HDL, a percentage that increased to 59% in 2009.



Overweight and Obesity: People who are overweight (as measured by Body Mass Index, or BMI) have about twice the risk of developing coronary disease compared to people with a lower BMI, while obese individuals have about three times the risk. At Hanford nearly 38% of workers measured were overweight according to their BMI, which is about equal to the rate seen in Washington and the US. However, an additional 45% of Hanford workers were categorized as obese which is almost double the rate seen in Washington (25%) and the US (27%).

Cigarette smoking: Smoking accounts for about 1 in 5 deaths from heart disease in the US, with smokers having a 2-4 fold increase in and a 70% higher death rate from coronary artery disease compared to non-smokers. At Hanford, about 16% of workers who underwent a Pulmonary Function Test (PFT) report being current smokers, which is about equal to the smoking rate in Washington and the US. Nearly 65% of the workers reported never having smoked, a rate that is better than that seen in the Washington (about 58%) and the US (about 55%).

Now the good news, the heart health risks associated with these factors are all reversible. For example, one year after quitting smoking, excess risk of coronary heart disease is cut in half. Even a relatively small amount of weight loss of 5 to 10% (10-20 pounds for a person weighing 200 lbs) results in a reduction of excess risk for heart disease. So if you have one or more of these risk factors -and the statistics say that most of us working on Site do- it's not too late to make a change. And with the New Year right around the corner, now is a great time to make that commitment to making the changes necessary to reduce the risk of developing heart disease.

Congratulations to all who participated in the Site Preventive Health & Immunization Challenge. Prize winners can call 376-3939 to arrange pick-up



WINNER	Contractor
Carl Howald	WRPS
Deanna Alegria	PNNL
Kay Humphreys	MSA
Katie Wood	WCH
Michael A. Baechler	CHPRC
Sandra Snyder	PNNL
Tommi McDaid	AMH

Invite AMH to be a guest at your next work group meeting.

December Featured Presentation:

Hanford Highway to Health; 2010 Health Initiative

New services, programs and web tools to help the Hanford population reach their health goals.

Presented by: Shannon Haselhuhn & Kelly Hamish

Healthy Recipes

Serves 8-10

Ingredients:

2 Tablespoons olive oil
2 cups chopped onion
2 Tablespoons tomato paste
1/4 cup chopped fresh parsley
4 garlic cloves, chopped
3 carrots, diced
1 cup celery, diced
1 cup lentils, rinsed
2 bay leaves
8 sprigs parsley tied together with 6 sprigs of thyme
9 cups water or vegetable broth
2 cups cooked pasta
salt and pepper to taste



Preparation:

Heat oil in a large stockpot over high heat. Add onion and sauté until browned, stirring frequently. Add tomato paste, chopped parsley, garlic, carrots and celery and cook for 3 minutes. Add lentils, bay leaves, parsley-thyme sprigs and water and bring to boil. Lower heat and simmer partially covered for 30 minutes. Season with salt and pepper. Remove bay leaves and parsley-thyme sprigs and discard. Add pasta, heat thoroughly and serve.
Serving Size: 8oz.

For more: [Healthy Recipes](#)

PER SERVING:

Calories	200
Total Fat	4
Cholesterol	0
Sodium	60
Carbohydrate	32
Dietary fiber	10
Protein	10
Iron	0
Calcium	0

Minestrone Lentil Soup